



The “C” in ACE

TASK: Teach your Soldiers how to “CARE” during suicide intervention.

CONDITIONS: Discussion – Question based.

STANDARDS: Understand that your Battle Buddy may be in pain and how active listening may produce relief, and if necessary the Soldier takes action by removing any lethal means, such as weapons or pills.

REFERENCE(S): Unit trained Gatekeepers IAW AR 600-63, para 4-4.j. and AKO SP:

<https://www.us.army.mil/suite/page/334798>.



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Soldiers are expected to know What to listen for while they are involved in **“Active Listening”**.

Ask Soldiers what they think are some of the things to listen for.

- Extremely important Soldiers to understand what they are to listen for: (1) **what** (2) **where** and (3) **when** their Battle Buddy plans to kill himself or herself.
- If their Battle Buddy acknowledges his or her plans, it generally suggests they are accepting the Soldier’s help.
- Ask Soldiers, “Does having a plan to do something and mean something is more likely to happen?”

---HAVING A PLAN USUALLY MAKES SOMETHING MORE LIKELY TO HAPPEN---



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Tell Soldiers if their Battle Buddy tells them their plan, they are to try and determine what steps their Battle Buddy plans in order to carry out the event.

- What were their preparations for dying? (such as giving away personal belongings).

- Find out the timing and location of their plan for suicide and their lethality of method.

- Also ask, “Have you rehearsed how you will do it?”

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Explore ambivalence (being uncertain or undecided).

- Ask your Battle Buddy specifically about his or her reasons to die versus their reasons to live....
- Listen to their reason(s) for dying, and try to understand what they are feeling and their reason(s) for living.
- Determine your Battle Buddy’s access to lethal means.

Disarm your Battle Buddy – if he or she is armed, say, for example, “Let me unload your weapon and keep it safe for you while we talk.”

If it is not safe for you to disarm your Battle Buddy, get help from your Chain of Command. (NOTE: Concerns about their career, getting in trouble or others knowing their business, etc., is overridden by THE NEED TO PROTECT AND KEEP YOU AND THEM SAFE.)